

LAPORAN PENELITIAN

**PENGARUH WATER LOADING TERHADAP KEMAMPUAN ANAREOBİK DAN
AEROBİK**

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Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh *water loading* terhadap kemampuan anaerobik dan kemampuan aerobik.

Jenis penelitian dengan rancangan *One group pretest-posttest design*. Populasi mahasiswa FIK UNY, sampel adalah mahasiswa putra yang berjumlah 80 orang yang dibagi menjadi dua kelompok. Metode pengumpulan data adalah tes, instrumen pengukur data kemampuan anaerobik menggunakan tes lari 200 meter sedangkan kemampuan aerobik diukur dengan tes lari 2400 meter. Analisis data, untuk menguji reliabilitas tes menggunakan korelasi moment Tangkar dari Pearson, sedangkan uji hipotesis dilakukan dengan uji-T, untuk menerima atau menolak hipotesis dengan taraf signifikansi 5%.

Hasil analisis Uji reliabilitas tes lari 200 meter diperoleh koefisien reliabilitas atau r : 0.624, sedangkan tes lari 2400 meter diperoleh koefisien reliabilitas atau r : 0.699 sehingga kedua tes reliabel. Uji T tes lari 200 meter diperoleh rerata tes pertama 28.707 detik dan rerata tes kedua 30.866 detik, dengan p : 0.000 berarti ada perbedaan yang sangat signifikan dan terjadi penurunan prestasi. Uji T tes lari 2400 meter diperoleh rerata tes pertama 12.20 menit dan rerata tes kedua 11.63 menit, dengan p : 0.002 berarti ada perbedaan yang sangat signifikan dan terjadi peningkatan prestasi.

Kata kunci: water loading

A RESEARCH REPORT

THE INFLUENCE OF *WATER LOADING*

TOWARDS ANAREOBIC AND AEROBIC ABILITY

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Abstract

This research aims at determining the influence of *water loading* towards anaerobic and aerobic ability.

This study used *One group pretest-posttest design*. The population involved the students of Faculty of Sport Science, YSU and the samples were 80 male students and were divided into two groups. The data were collected through tests and the instruments to collect the data of anaerobic ability was the 200-meter run test while the aerobic ability was measured using 2400-meter run test. The data were analyzed using dispute moment correlation from Pearson, while the hypothesis were tested using t-test to accept and decline the hypothesis with the level of significance of 5%.

The results of the reliability test using the 200-meter run test and the 2400-meter run test were reliability coefficients of $r: 0.624$ and $r: 0.699$, respectively, which inferred that both tests were reliable. The results of t-test on 200-meter run were 28.707 seconds as the mean value of the first test and 30.866 seconds as the mean value of the second test with $p: 0.000$ which inferred that there were significant differences and the achievement was decreasing. The results of t-test on 2400-meter run were 12.20 minutes for the first test and 11.63 for the second test with $p: 0.002$. It inferred that there were significant differences and significant achievement increases.

Keywords: water loading